

A FIRST-RATE SOUP IS MORE CREATIVE THAN A SECOND-RATE PAINTING.

*—Abraham Maslow, American psychologist (1908–1970)*

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# SOUPS



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**AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:**

- prepare a variety of clear and thick soups
- garnish and serve soups appropriately

The variety of ingredients, seasonings and garnishes that can be used for soups is virtually endless, provided you understand the basic procedures for making different kinds of soup. Great soups can be made from the finest and most expensive ingredients or from leftovers from the previous evening's dinner service and trimmings from the day's production. Although fresh ingredients are preferable, wise use of leftovers means that a daily soup special can be an economical, practical menu item.

This chapter extends to soups the skills and knowledge learned in Chapter 11, Stocks and Sauces. In Chapter 11, we discussed making stocks, thickening liquids, using a liaison and skimming impurities, techniques that apply to soup making as well. Here we discuss techniques such as clarifying consommés and thickening soups with vegetable purées. This chapter also covers cream soups, cold soups and guidelines for garnishing and serving a variety of soups.

Most soups can be classified by cooking technique and appearance as either clear or thick.

**Clear soups** include **broths** made from meat, poultry, game, fish or vegetables as well as **consommés,** which are broths clarified to remove impurities.

**Thick soups** include cream soups and purée soups. The most common **cream soups** are those made from vegetables cooked in a liquid that is thickened with a starch and puréed; cream is then incorporated to add richness and flavor. **Purée soups** are generally made from starchy vegetables or legumes. After the main ingredient is simmered in a liquid, the mixture—or a portion of it—is puréed.

Some soups (notably **bisques** and **chowders** as well as **cold soups** such as gazpacho and fruit soup) are neither clear nor thick soups. Rather, they use special preparation methods or a combination of the methods mentioned before.

A soup's quality is determined by its flavor, appearance and texture. A good soup should be full-flavored, with no off or sour tastes. Flavors from each of the soup's ingredients should blend and complement, with no one flavor overpowering another. Consommés should be crystal clear. The vegetables in vegetable soups should be brightly colored, not gray. Garnishes should be attractive and uniform in size and shape. The soup's texture should be very precise. If it is supposed to be smooth, then it should be very smooth and lump-free. If the soft and crisp textures of certain ingredients are supposed to contrast, the soup should not be overcooked, as this causes all the ingredients to become mushy and soft.

**Garnishing** is an important consideration when preparing soups. When applied to soups, the word *garnish* has two meanings. The first is the one more typically associated with the word. It refers to foods added to the soup as decoration—for example, a broccoli floret floated on a bowl of cream of broccoli soup. The second refers to foods that may serve not only as decorations but also as critical components of the final product—for example, noodles in a bowl of chicken noodle soup. In this context, the noodles are not ingredients

## ESCOFFIER'S CLASSIFICATION OF SOUPS

In his 1903 culinary treatise *Le Guide culinaire,* Auguste Escoffier recognized many more categories of soups than we do today. They include the following:

*Clear soups,* which are always "clear consommés with a slight garnish in keeping with the nature of the consommé."

*Purées,* which are made from starchy vegetables and are thickened with rice, potato or soft bread crumbs.

*Cullises,* which use poultry, game or fish for a base and are thickened with rice, lentils, espagnole sauce or bread soaked in boiling salted water.

*Bisques,* which use shellfish cooked with a mirepoix as a base and are thickened with rice.

*Veloutés,* which use velouté sauce as a base and are finished with a liaison of egg yolks and cream.

*Cream soups,* which use béchamel sauce as a base and are finished with heavy cream.

*Special soups,* which are those that do not follow the procedures for veloutés or creams.

*Vegetable soups,* which are usually paysanne or peasant-type and "do not demand very great precision in the apportionment of the vegetables of which they are composed, but they need great care and attention, notwithstanding."

*Foreign soups,* "which have a foreign origin whose use, although it may not be general, is yet sufficiently common."

Because of changes in consumer health consciousness and kitchen operations, many of the distinctions between Escoffier's classic soups have now become blurred and, in some cases, eliminated. As discussed in this chapter, for example, clear consommés and vegetable soups are now made with stocks or broths; most cream soups use velouté as a base and are finished with milk or cream rather than a liaison. But not everything has changed: The procedures for making purées and bisques are essentially the same today as they were when Escoffier haunted the great kitchens of Europe.

because they are not used to make the chicken soup. Rather, they are added to chicken soup to create a different dish. These additional items are still referred to as garnishes, however.

## ▶ CLEAR SOUPS

All clear soups start as stock or broth. Broths may be served as finished items, used as the base for other soups or refined (clarified) into consommés.

### BROTHS

The techniques for making stocks discussed in Chapter 11 are identical to those used for making broths. Like stocks, broths are prepared by simmering flavoring ingredients in a liquid for a long time. Broths and stocks differ, however, in two ways. First, broths are made with meat instead of just bones. Second, broths (often with a garnish) can be served as finished dishes, while stocks are generally used to prepare other items.

Broths are made from meat, poultry, fish or vegetables cooked in a liquid. An especially full-flavored broth results when a stock and not just water is used as the liquid. Cuts of meat from the shank, neck or shoulder result in more flavorful broths, as will the flesh of mature poultry. Proper temperature, skimming and straining help produce well-flavored, clear broths.

#### ▶ PROCEDURE FOR PREPARING BROTHS

1. Truss or cut the main ingredient.
2. Brown the meat; brown or sweat the mirepoix or vegetables as necessary.
3. Place the main ingredient and mirepoix or vegetables in an appropriate stockpot and add enough cold water or stock to cover. Add a bouquet garni or sachet d'épices if desired.
4. Bring the liquid slowly to a boil; reduce to a simmer and cook, skimming occasionally, until the main ingredient is tender and the flavor is fully developed.

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**5** Carefully strain the broth through a china cap lined with damp cheesecloth; try to disturb the flavoring ingredients as little as possible in order to preserve the broth's clarity.

**6** Cool and store following the procedures for cooling stocks. Or bring to a boil, garnish as desired and hold for service.

RECIPE 12.1

## BEEF BROTH

**Yield:** 8 qt. (8 lt)

| | | |
|---|---|---|
| Beef shank, neck or shoulder cut in 2-in. (5-cm) thick pieces | 12 lb. | 5.5 kg |
| Vegetable oil | 8 fl. oz. | 250 ml |
| Water or beef stock, cold | 2 gal. | 8 lt |
| Mirepoix | 2 lb. | 900 g |
| Turnips, medium dice | 8 oz. | 250 g |
| Leeks, medium dice | 8 oz. | 250 g |
| Tomato, seeded and diced | 8 oz. | 250 g |
| Sachet: | | |
| Bay leaf | 1 | 1 |
| Dried thyme | $\frac{1}{2}$ tsp. | 2 ml |
| Peppercorns, crushed | $\frac{1}{2}$ tsp. | 2 ml |
| Parsley stems | 8 | 8 |
| Garlic cloves, crushed | 2 | 2 |
| Salt | TT | TT |

**1** Brown the meat in 4 fluid ounces (120 milliliters) of oil, then place it in a stockpot. Add the stock or water and bring to a simmer. Simmer gently for 2 hours, skimming the surface as necessary.

**2** After the meat has simmered for 2 hours, caramelize the mirepoix in the remaining oil and add it to the liquid. Add the turnips, leeks, tomato and sachet.

**3** Simmer until full flavor has developed, approximately 1 hour. Skim the surface as necessary.

**4** Carefully strain the broth through cheesecloth and season to taste. Cool and refrigerate.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 70, **Total fat** 6 g, **Saturated fat** 1 g, **Cholesterol** 2 mg, **Sodium** 630 mg, **Total carbohydrates** 2 g, **Protein** 2 g

## BROTH-BASED SOUPS

Broths are often used as bases for such familiar soups as vegetable, chicken noodle and beef barley.

Transforming a broth into a broth-based vegetable soup, for example, is quite simple. Although a broth may be served with a vegetable (or meat) garnish, a broth-based vegetable soup is a soup in which the vegetables (and meats) are cooked directly in the broth, adding flavor, body and texture to the finished product. Any number of vegetables can be used to make a vegetable soup; it could be a single vegetable as in onion soup or a dozen different vegetables for a hearty minestrone.

When making broth-based vegetable soups, each ingredient must be added at the proper time so that all ingredients are cooked when the soup is finished. The ingredients must cook long enough to add their flavors and soften sufficiently but not so long that they lose their identity and become too soft or mushy.

Because broth-based vegetable soups are made by simmering ingredients directly in the broth, they are generally not as clear as plain broths. But appearances are still important. So, when cutting ingredients for the soup, pay particular attention so that the pieces are uniform and visually appealing. Small dice, julienne, batonnet or paysanne cuts are recommended.

### ▶ PROCEDURE FOR PREPARING BROTH-BASED VEGETABLE SOUPS

1. Sweat long-cooking vegetables in butter or fat.
2. Add the appropriate stock or broth and bring to a simmer.
3. Add seasonings such as bay leaves, dried thyme, crushed peppercorns, parsley stems and garlic, in a sachet, allowing enough time for the seasonings to fully flavor the soup.
4. Add additional ingredients according to their cooking times.
5. Simmer the soup to blend all the flavors.
6. If the soup is not going to be served immediately, cool and refrigerate it.
7. Just before service, add any garnishes that were prepared separately or do not require cooking.

## HEARTY VEGETABLE BEEF SOUP

RECIPE 12.2

**Yield:** 5 qt. (5 lt)

| | | |
|---|---|---|
| Butter or beef fat | 6 oz. | 170 g |
| Mirepoix, small dice | 3 lb. | 1.5 kg |
| Turnip, small dice | 8 oz. | 250 g |
| Garlic cloves, chopped | 2 | 2 |
| Beef broth or stock | 4 qt. | 4 lt |
| Beef, small dice | 1 lb. | 450 g |
| Sachet: | | |
| Bay leaf | 1 | 1 |
| Dried thyme | ½ tsp. | 2 ml |
| Peppercorns, crushed | ½ tsp. | 2 ml |
| Parsley stems | 8 | 8 |
| Tomato **concassée** | 12 oz. | 350 g |
| Corn kernels, fresh, frozen or canned | 12 oz. | 350 g |
| Salt and pepper | TT | TT |

1. In a soup pot, sweat the mirepoix and turnip in the butter or fat until tender.
2. Add the garlic and sauté lightly.
3. Add the beef broth or stock and the diced beef; bring to a simmer. Add the sachet. Skim or degrease as necessary.
4. Simmer until the beef and vegetables are tender, approximately 1 hour.
5. Add the tomato concassée and corn; simmer for 10 minutes. Season to taste with salt and pepper.
6. Cool and refrigerate or hold for service.

**Variations:** A wide variety of vegetables can be added or substituted in this recipe. If leeks, rutabagas, parsnips or cabbage are used, they should be sweated to bring out their flavors before the liquid is added. Potatoes, fresh beans, summer squash and other vegetables that cook more quickly should be added according to their cooking times. Rice, barley and pasta garnishes should be cooked separately and added just before service.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 170, **Total fat** 10 g, **Saturated fat** 5 g, **Cholesterol** 30 mg, **Sodium** 600 mg, **Total carbohydrates** 12 g, **Protein** 7 g, **Vitamin A** 20%



1 Sweating the vegetables.



2 The finished vegetable beef soup.

▶ **concassée** peeled, seeded and diced tomato

## CONSOMMÉS

A consommé is a stock or broth that has been clarified to remove impurities so that it is crystal clear. Traditionally, all clear broths were referred to as consommés; a clear broth further refined using the process described later was referred to as a double consommé. The term *double consommé* is still used occasionally to describe any strongly flavored consommé.

Well-prepared consommés should be rich in the flavor of the main ingredient. Beef and game consommés should be dark in color; consommés made from poultry should have a golden to light amber color. They should have substantial body as a result of their high gelatin content, and all consommés should be perfectly clear with no trace of fat.

Because a consommé is a refined broth, it is absolutely essential that the broth or stock used be of the highest quality. Although the clarification process adds some flavor to the consommé, the finished consommé will be only as good as the stock or broth from which it was made.

### *THE CLARIFICATION PROCESS*

To make a consommé, you clarify a stock or broth. The stock or broth to be clarified must be cold and grease-free. To clarify, the cold degreased stock or broth is combined with a mixture known as a **clearmeat** or **clarification.** A clearmeat is a mixture of egg whites; ground meat, poultry or fish; mirepoix, herbs and spices; and an acidic product, usually tomatoes, lemon juice or wine. (An **oignon brûlée,** also known as an *onion brûlée,* is also often added to help flavor and color the consommé.)

▶ **oignon brûlée** French for "burnt onion," made by charring onion halves; used to flavor and color stocks and sauces

The stock or broth and clearmeat are then slowly brought to a simmer. As the albumen in the egg whites and meat begins to coagulate, it traps impurities suspended in the liquid. As coagulation continues, the albumen-containing items combine with the other clearmeat ingredients and rise to the liquid's surface, forming a **raft.** As the mixture simmers, the raft ingredients release their flavors, further enriching the consommé.

After simmering, the consommé is carefully strained through several layers of cheesecloth to remove any trace of impurities. It is then completely degreased, either by cooling and refrigerating, then removing the solidified fat, or by carefully ladling the fat from the surface. The result is a rich, flavorful, crystal-clear consommé.

### ▶ PROCEDURE FOR PREPARING CONSOMMÉS

1. In a suitable stockpot (one with a spigot makes it much easier to strain the consommé when it is finished), combine the ground meat, lightly beaten egg white and other clearmeat ingredients.
2. Add the cold stock or broth and stir to combine with the clearmeat ingredients.
3. Over medium heat, slowly bring the mixture to a simmer, stirring occasionally.
4. As the raft forms, make a hole in its center so that the liquid can bubble through, cooking the raft completely and extracting as much flavor as possible from the raft ingredients.
5. Simmer the consommé until full flavor develops, approximately 1 to 1½ hours.
6. Carefully strain the consommé through several layers of cheesecloth and degrease completely.
7. If the consommé will not be used immediately, it should be cooled and refrigerated, following the procedures for cooling stocks discussed in Chapter 11. When the consommé is completely cold, remove any remaining fat that solidifies on its surface.
8. If, after reheating the consommé, small dots of fat appear on the surface, they can be removed by blotting with a small piece of paper towel.

## BEEF CONSOMMÉ

RECIPE 12.3

**Yield:** 4 qt. (4 lt)

| | | |
|---|---|---|
| Egg whites | 10 | 10 |
| Ground beef, lean, preferably shank, neck or shoulder | 2 lb. | 1 kg |
| Mirepoix | 1 lb. | 450 g |
| Tomato, seeded and diced | 12 oz. | 340 g |
| Beef broth or stock, cold | 5 qt. | 5 lt |
| Onions brûlée | 2 | 2 |
| Sachet: | | |
| Bay leaves | 2 | 2 |
| Dried thyme | ½ tsp. | 2 ml |
| Peppercorns, crushed | ½ tsp. | 2 ml |
| Parsley stems | 8 | 8 |
| Cloves, whole | 2 | 2 |
| Salt | TT | TT |

1. Whip the egg whites until slightly frothy.
2. Combine the egg whites, beef, mirepoix and tomato in an appropriate stockpot.
3. Add the cold beef broth or stock; mix well and add the onions brûlée and sachet.
4. Bring the mixture to a simmer over moderate heat, stirring occasionally. Stop stirring when the raft begins to form.
5. Break a hole in the center of the raft to allow the consommé to bubble through.
6. Simmer until full flavor develops, approximately 1½ hours.
7. Strain through several layers of cheesecloth, degrease and adjust the seasonings. Cool and refrigerate or hold for service.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 210, **Total fat** 10 g, **Saturated fat** 3.5 g, **Cholesterol** 40 mg, **Sodium** 870 mg, **Total carbohydrates** 14 g, **Protein** 15 g, **Vitamin A** 20%, **Vitamin C** 10%

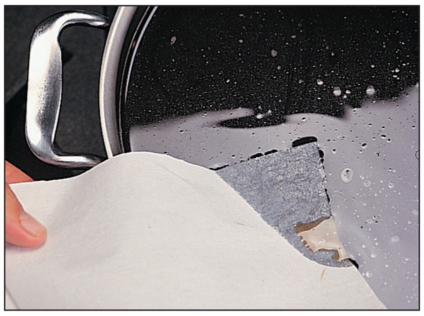
**Note:** Guidelines for garnishing consommés as well as some classic garnishes are listed on page 263.



1 Combining the ingredients for the clearmeat.



2 Making a hole in the raft to allow the liquid to bubble through.



3 Degreasing the consommé with a paper towel.



4 The finished consommé.

### *CORRECTING A POORLY CLARIFIED CONSOMMÉ*

A clarification may fail for a variety of reasons. For example, if the consommé is allowed to boil or if it is stirred after the raft has formed, a cloudy consommé can result. If the consommé is insufficiently clear, a second clarification can be performed using the following procedure. This second clarification should be performed only once, however, and only if absolutely necessary, because the eggs not only remove impurities but also some of the consommé's flavor and richness.

1. Thoroughly chill and degrease the consommé.
2. Lightly beat four egg whites per gallon (4 liters) of consommé and combine with the cold consommé.
3. Slowly bring the consommé to a simmer, stirring occasionally. Stop stirring when the egg whites begin to coagulate.
4. When the egg whites are completely coagulated, carefully strain the consommé.

Table 12.1 SOUPS, THEIR THICKENING AGENTS AND FINISHES

| CATEGORY | TYPE | THICKENING AGENT OR METHOD | FINISH |
|---|---|---|---|
| Clear soups | Broths | None | Assorted garnishes |
| | Consommés | None | Assorted garnishes |
| Thick soups | Cream soups | Roux and/or puréeing | Assorted garnishes, cream or béchamel sauce |
| | Purée soups | Puréeing | Assorted garnishes; cream is optional |
| Other soups | Bisques | Roux or rice and puréeing | Garnish of main ingredient cream and/or butter |
| | Chowders | Roux | Cream |
| Cold soups | Cooked cold soups | Roux, arrowroot, cornstarch, puréeing, sour cream, yogurt | Assorted garnishes, cream, crème fraîche or sour cream |
| | Uncooked cold soups | Puréeing | Assorted garnishes, cream, crème fraîche or sour cream |

## ▶ Thick Soups

There are two kinds of thick soups: cream soups and purée soups. In general, cream soups are thickened with a roux or other starch, while purée soups rely on a purée of the main ingredient for thickening. But in certain ways the two soups are very similar: Some purée soups are finished with cream or partially thickened with a roux or other starch.

### CREAM SOUPS

Most cream soups are made by simmering the main flavoring ingredient (for example, broccoli for cream of broccoli soup) in a white stock or thin velouté sauce to which seasonings have been added. The mixture is then puréed and strained. After the consistency has been adjusted, the soup is finished by adding cream. In classic cuisine, thin béchamel sauce is often used as the base for cream soups and can be substituted for velouté in many cream soup recipes, if desired.

▶ **béchamel** (bay-shah-mell) a leading sauce made by thickening milk with a white roux and adding seasonings

Both hard vegetables (for example, celery and squash) and soft or leafy vegetables (for example, spinach, corn, broccoli and asparagus) are used for cream soups. Hard vegetables are generally sweated in butter without browning before the liquid is added. Soft and leafy vegetables are generally added to the soup after the liquid is brought to a boil. Because cream soups are puréed, it is important to cook the flavoring ingredients until they are soft and can be passed through a food mill easily.

All cream soups are finished with milk or cream. Using milk thins the soup while adding richness; using the same amount of cream adds much more richness without the same thinning effect. Cold milk and cream curdle easily if added directly to a hot or acidic soup.

To prevent curdling:

1. Never add cold milk or cream to hot soup. Bring the milk or cream to a simmer before adding it to the soup. Or, temper the milk or cream by gradually adding some hot soup to it and then incorporating the warmed mixture into the rest of the soup.
2. Add the milk or cream to the soup just before service, if possible.
3. Do not boil the soup after the milk or cream has been added.
4. Use béchamel or cream sauce instead of milk or cream to finish cream soups because the presence of roux or other starch helps prevent curdling.

▶ **cream sauce** a sauce made by adding cream to a béchamel sauce

## ▶ PROCEDURE FOR PREPARING CREAM SOUPS

1. In a soup pot, sweat hard vegetables such as squash, onions, carrots and celery in oil or butter without browning.
2. In order to thicken the soup:
   *a.* add flour and cook to make a blond roux, then add the cooking liquid (that is, the stock), or
   *b.* add the stock to the vegetables, bring the stock to a simmer and add a blond roux that was prepared separately, or
   *c.* add a thin velouté or béchamel sauce (which contain roux) to the vegetables.
3. Bring to a boil and reduce to a simmer.
4. Add any soft vegetables such as broccoli or asparagus, and a sachet or bouquet garni as desired.
5. Simmer the soup, skimming occasionally, until the vegetables are very tender.
6. Purée the soup by passing it through a food mill, blender, food processor or vertical cutter/mixer (VCM). Strain through a china cap if desired. If the soup is too thick, adjust the consistency by adding hot white stock.
7. Finish the soup by adding hot milk or cream or a thin béchamel or cream sauce. Adjust the seasonings and serve.

## CREAM OF BROCCOLI SOUP

RECIPE 12.4

**Yield:** 6 qt. (6 lt)

| | | |
|---|---|---|
| Whole butter | 3 oz. | 90 g |
| Onions, medium dice | 12 oz. | 340 g |
| Celery, medium dice | 3 oz. | 90 g |
| Broccoli, chopped | 3 lb. | 1.4 kg |
| Chicken velouté sauce, hot | 4 qt. | 4 lt |
| Chicken stock, hot | approx. 2 qt. | approx. 2 lt |
| Heavy cream, hot | 24 fl. oz. | 700 ml |
| Salt and white pepper | TT | TT |
| Broccoli florets, blanched | 8 oz. | 250 g |

1. Sweat the onions, celery and broccoli in the butter, without browning, until they are nearly tender.
2. Add the velouté sauce. Bring to a simmer and cook until the vegetables are tender, approximately 15 minutes. Skim the surface periodically.
3. Purée the soup, then strain it through a china cap.
4. Return the soup to the stove and thin it to the correct consistency with the hot chicken stock.
5. Bring the soup to a simmer and add the hot cream. Season to taste with salt and white pepper.
6. Garnish with blanched broccoli florets just before service.

**Variations:** To make cream of asparagus, cauliflower, corn, pea or spinach soup, substitute an equal amount of the chosen vegetable for the broccoli. If using fresh spinach, precook the leaves slightly before proceeding with the recipe.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 140, **Total fat** 12 g, **Saturated fat** 7 g, **Cholesterol** 40 mg, **Sodium** 340 mg, **Total carbohydrates** 5 g, **Protein** 4 g, **Vitamin A** 20%, **Vitamin C** 70%



1 Adding the velouté sauce.



2 Puréeing the soup through a food mill.



3 Garnishing the finished soup.

## PURÉE SOUPS

Purée soups are hearty soups made by cooking starchy vegetables or legumes in a stock or broth, then puréeing all or a portion of them to thicken the soup. Purée soups are similar to cream soups in that they both consist of a main ingredient that is first cooked in a liquid, then puréed. The primary difference is that unlike cream soups, which are thickened with starch, purée soups generally do not use additional starch for thickening. Rather, purée soups depend on the starch content of the main ingredient for thickening. Also, purée soups are generally coarser than cream soups and are typically not strained after puréeing. When finishing purée soups with cream, follow the guidelines discussed previously for adding cream to cream soups.

Purée soups can be made with dried or fresh beans such as peas, lentils and navy beans, or with any number of vegetables, including cauliflower, celery root, turnips and potatoes. Diced potatoes or rice are often used to help thicken vegetable purée soups.

### ▶ PROCEDURE FOR PREPARING PURÉE SOUPS

1. Sweat the mirepoix in butter without browning.
2. Add the cooking liquid.
3. Add the main ingredients and a sachet or bouquet garni.
4. Bring to a boil, reduce to a simmer and cook until all the ingredients are soft enough to purée easily. Remove and discard the sachet or bouquet garni.
5. Reserve a portion of the liquid to adjust the soup's consistency. Purée the rest of the soup by passing it through a food mill, food processor, blender or VCM.
6. Add enough of the reserved liquid to bring the soup to the correct consistency. If the soup is still too thick, add hot stock as needed.
7. Return the soup to a simmer and adjust the seasonings.
8. Add hot cream to the soup if desired.

**Table 12.2 CREAM AND PURÉE SOUPS**

| | CREAM SOUPS | PURÉE SOUPS |
|---|---|---|
| **Technique** | Cook principal ingredient in stock or velouté sauce | Cook principal ingredient in stock or water |
| **Thickener** | Roux or roux-thickened sauce | Purée of starchy ingredients |
| **Texture** | Strained; very smooth and rich | Not strained; slightly coarse and grainy |

## PURÉE OF SPLIT PEA SOUP

RECIPE 12.5

**Yield:** 4 qt. (4 lt)

| | | |
|---|---|---|
| Bacon, diced | 3 oz. | 90 g |
| Mirepoix, medium dice | 1 lb. | 450 g |
| Garlic cloves, chopped | 2 | 2 |
| Chicken stock | 3 qt. | 3 lt |
| Split peas, washed and sorted | 1 lb. | 450 g |
| Ham hocks or meaty ham bones | 1½ lb. | 650 g |
| Sachet: | | |
| Bay leaves | 2 | 2 |
| Dried thyme | ½ tsp. | 2 ml |
| Peppercorns, crushed | ½ tsp. | 2 ml |
| Salt and pepper | TT | TT |
| Croutons, sautéed in butter | as needed for garnish | |

1. In a stockpot, **render** the bacon by cooking it slowly and allowing it to release its fat; sweat the mirepoix and garlic in the fat without browning them.
2. Add the chicken stock, peas, ham hocks or bones and sachet. Bring to a boil, reduce to a simmer and cook until the peas are soft, approximately 1 to 1½ hours.
3. Remove the sachet and ham hocks or bones. Pass the soup through a food mill and return it to the stockpot.
4. Remove the meat from the hocks or bones. Cut the meat into medium dice and add it to the soup.
5. Bring the soup to a simmer and, if necessary, adjust the consistency by adding hot chicken stock. Adjust the seasonings with salt and pepper and serve, garnished with croutons.



1 Adding peas to the stockpot.



2 Puréeing the split pea soup.



3 Garnishing the finished soup.

**Variations:** White beans, yellow peas and other dried beans can be soaked overnight in water and used instead of split peas.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 110, **Total fat** 4 g, **Saturated fat** 1.5 g, **Cholesterol** 20 mg, **Sodium** 870 mg, **Total carbohydrates** 6 g, **Protein** 11 g

▶ **render** to melt and clarify fat

## ADJUSTING THE CONSISTENCY OF THICK SOUPS

Cream and purée soups tend to thicken when made in advance and refrigerated. To dilute a portion being reheated, add hot stock, broth, water or milk to the hot soup as needed.

If the soup is too thin, additional roux, beurre manié or cornstarch mixed with cool stock can be used to thicken it. If additional starch is added to thicken the soup, it should be used sparingly and the soup should be simmered a few minutes to cook out the starchy flavor. A liaison of egg yolks and heavy cream can be used to thicken cream soups when added richness is also desired. Remember, the soup must not boil after the liaison is added or it may curdle.

## ▶ OTHER SOUPS

Several popular types of soup do not fit the descriptions of, or follow the procedures for, either clear or thick soups. Soups such as bisques and chowders as well as many cold soups use special methods or a combination of the methods used for clear and thick soups.

## BISQUES

Traditional bisques are shellfish soups thickened with cooked rice. Today, bisques are prepared using a combination of the cream and purée soup procedures. They are generally made from shrimp, lobster or crayfish and are thickened with a roux instead of rice for better stability and consistency.

Much of a bisque's flavor comes from crustacean shells, which are simmered in the cooking liquid, puréed (along with the mirepoix), returned to the cooking liquid and strained after further cooking. Puréeing the shells and returning them to the soup also adds the thickness and grainy texture associated with bisques.

Bisques are enriched with cream, following the procedures for cream soups, and can be finished with butter for additional richness. The garnish should be diced flesh from the appropriate shellfish.

### ▶ PROCEDURE FOR PREPARING BISQUES

1. Caramelize the mirepoix and main flavoring ingredient in fat.
2. Add a tomato product and deglaze with wine.
3. Add the cooking liquid (stock or velouté sauce).
4. Incorporate roux if needed.
5. Simmer, skimming as needed.
6. Strain the soup, reserving the solids and liquid. Purée the solids in a food mill or processor and return them to the liquid. Return to a simmer.
7. Strain the soup through a fine chinois or a china cap lined with cheesecloth.
8. Return the soup to a simmer and finish with hot cream.

To add even more richness to the bisque, monté au beurre with whole butter or a compound butter such as shrimp or lobster butter just before the soup is served. Also, if desired, add 3 ounces (90 milliliters) of sherry to each gallon (4 liters) of soup just before service.

RECIPE 12.6

## SHRIMP BISQUE



**Yield:** 4 qt. (4 lt)

| | | |
|---|---|---|
| Clarified butter | 3 fl. oz. | 90 ml |
| Mirepoix, small dice | 1 lb. | 450 g |
| Shrimp shells and/or lobster or crayfish shells and bodies | 2 lb. | 1 kg |
| Garlic cloves, chopped | 2 | 2 |
| Tomato paste | 2 oz. | 60 g |
| Brandy | 4 fl. oz. | 120 ml |
| White wine | 12 fl. oz. | 350 ml |
| Fish velouté (made with shrimp stock) | 4 qt. | 4 lt |
| Sachet: | | |
| Bay leaf | 1 | 1 |
| Dried thyme | 1/2 tsp. | 2 ml |
| Peppercorns, crushed | 1/2 tsp. | 2 ml |
| Parsley stems | 8 | 8 |
| Heavy cream, hot | 1 pt. | 500 ml |
| Salt and white pepper | TT | TT |
| Cayenne pepper | TT | TT |
| Shrimp, peeled and deveined | 1 lb. | 450 g |

1. Caramelize the mirepoix and shrimp shells in the butter.
2. Add the garlic and tomato paste and sauté lightly.
3. Add the brandy and flambé.

4 Add the white wine. Deglaze and reduce the liquid by half.
5 Add the velouté and sachet and simmer for approximately 1 hour, skimming occasionally.
6 Strain, discarding the sachet and reserving the liquid and solids. Purée the solids and return them to the liquid. Return to a simmer and cook for 10 minutes.
7 Strain the bisque through a fine chinois or china cap lined with cheesecloth.
8 Return the bisque to a simmer and add the hot cream.
9 Season to taste with salt, white pepper and cayenne pepper.
10 Cook the shrimp and slice or dice them as desired. Garnish each portion of soup with cooked shrimp.

Approximate values per 4-fl.-oz. (120-ml) serving: **Calories** 110, **Total fat** 10 g, **Saturated fat** 6 g, **Cholesterol** 60 mg, **Sodium** 160 mg, **Total carbohydrates** 2 g, **Protein** 4 g, **Vitamin A** 10%

## CHOWDERS

Although chowders are usually associated with the eastern United States where fish and clams are plentiful, they are of French origin. Undoubtedly the word chowder is derived from the Breton phrase *faire chaudière,* which means to make a fish stew in a caldron. The procedure was probably brought to Nova Scotia by French settlers and later introduced to New England.

Chowders are hearty soups with chunks of the main ingredients (including, virtually always, diced potatoes) and garnishes. With some exceptions (notably, Manhattan clam chowder), chowders contain milk or cream. Although there are thin chowders, most chowders are thickened with roux. The procedures for making chowders are similar to those for making cream soups except that chowders are not puréed and strained before the cream is added.

### ▶ PROCEDURE FOR PREPARING CHOWDERS

1 Render finely diced salt pork over medium heat.
2 Sweat mirepoix in the rendered pork.
3 Add flour to make a roux.
4 Add the liquid.
5 Add the seasoning and flavoring ingredients according to their cooking times.
6 Simmer, skimming as needed.
7 Add milk or cream.

## NEW ENGLAND–STYLE CLAM CHOWDER

RECIPE 12.7

**Yield:** 3 qt. (3 lt)

| | | |
|---|---|---|
| Canned clams with juice* | 2 qt. | 2 lt |
| Water or fish stock | approx. 1½ qt. | approx. 1.5 lt |
| Potatoes, small dice | 1 lb. 4 oz. | 600 g |
| Salt pork, small dice | 8 oz. | 250 g |
| Onions, small dice | 1 lb. | 500 g |
| Celery, small dice | 8 oz. | 250 g |
| Flour | 4 oz. | 120 g |
| Milk | 1 qt. | 1 lt |
| Heavy cream | 8 fl. oz. | 250 ml |
| Salt and pepper | TT | TT |
| Tabasco sauce | TT | TT |
| Worcestershire sauce | TT | TT |
| Fresh thyme | TT | TT |



1. Drain the clams, reserving both the clams and their liquid. Add enough water or stock so that the total liquid equals 2 quarts (2 liters).
2. Simmer the potatoes in the clam liquid until nearly cooked through. Strain and reserve the potatoes and the liquid.
3. Render the salt pork. Add the onions and celery to the rendered fat and cook until tender but not brown.
4. Add the flour and cook to make a blond roux.
5. Add the clam liquid to the roux, whisking away any lumps.
6. Simmer for 30 minutes, skimming as necessary.
7. Bring the milk and cream to a boil and add to the soup.
8. Add the clams and potatoes, and season to taste with salt, pepper, Tabasco sauce, Worcestershire sauce and thyme.
9. Garnish each serving with fresh herbs as desired.

*If using fresh clams for the chowder, wash and steam approximately ½ bushel of chowder clams in a small amount of water to yield 1¼ quarts (1.25 liters) of clam meat. Chop the clams. Strain the liquid through several layers of cheesecloth to remove any sand that may be present. Add enough water or stock so that the total liquid is 2 quarts (2 liters). Continue with the recipe, starting at step 2.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 250, **Total fat** 15 g, **Saturated fat** 7 g, **Cholesterol** 45 mg, **Sodium** 930 mg, **Total carbohydrates** 17 g, **Protein** 11 g, **Vitamin A** 10%, **Vitamin C** 10%, **Calcium** 15%

## COLD SOUPS

Cold soups can be as simple as a chilled version of a cream soup or as creative as a cold fruit soup blended with yogurt. Other than the fact that they are cold, cold soups are difficult to classify because many of them use unique or combination preparation methods. Regardless, they are divided here into two categories: cold soups that require cooking and those that do not.

### *COOKED COLD SOUPS*

Many cold soups are simply a chilled version of a hot soup. For example, consommé madrilène and consommé portugaise are prepared hot and served cold. Vichyssoise is a cold version of puréed potato-leek soup. When serving a hot soup cold, there are several considerations:

1. If the soup is to be creamed, add the cream at the last minute. Although curdling is not as much of a problem as it is with hot soups, adding the cream at the last minute helps extend the soup's shelf life.
2. Cold soups should have a thinner consistency than hot soups. To achieve the proper consistency, use less starch if starch is used as the thickener, or use a higher ratio of liquid to main ingredient if the soup is thickened by puréeing. Consistency should be checked and adjusted at service time.
3. Cold dulls the sense of taste, so cold soups require more seasoning than hot ones. Taste the soup just before service and adjust the seasonings as needed.
4. Always serve cold soups as cold as possible using chilled bowls.

**SAFETY ALERT**

**COOKED COLD SOUP**

Cooked cold soups, especially those made with potatoes, beans, dairy products or other high-protein foods, are potentially hazardous foods and must be chilled quickly and held at or below 40°F (4°C). Because these soups will not be reheated for service, cross-contamination is also a concern. Keep the soup covered and store above any raw meat, poultry or seafood in the cooler.

## VICHYSSOISE (COLD POTATO-LEEK SOUP)

RECIPE 12.8



**Yield:** 4 qt. (4 lt) **Method:** Purée

| | | |
|---|---|---|
| Leeks, white part only | 2 lb. | 1 kg |
| Whole butter | 8 oz. | 250 g |
| Potatoes, large dice | 2 lb. | 1 kg |
| Chicken stock | 3½ qt. | 3½ lt |
| Salt and white pepper | TT | TT |
| Heavy cream | 24 fl. oz. | 700 ml |
| Chives, snipped | as needed for garnish | |
| Fried sweet potato frizzles | as needed for garnish | |

1. Split the leeks lengthwise and wash well to remove all sand and grit. Slice them thinly.
2. Sweat the leeks in the butter without browning them.
3. Add the diced potatoes and chicken stock, season with salt and white pepper and bring to a simmer.
4. Simmer until the leeks and potatoes are very tender, approximately 45 minutes.
5. Purée the soup in a food processor, blender or food mill; strain through a fine sieve.
6. Chill the soup well.
7. At service time, incorporate the heavy cream and adjust the seasonings. Serve in chilled bowls, garnished with snipped chives and sweet potato frizzles.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 300, **Total fat** 22 g, **Saturated fat** 13 g, **Cholesterol** 70 mg, **Sodium** 660 mg, **Total carbohydrates** 19 g, **Protein** 6 g, **Vitamin A** 20%, **Vitamin C** 20%

Many cooked cold soups use fruit juice (typically apple, grape or orange) as a base and are thickened with cornstarch or arrowroot as well as with puréed fruit. For additional flavor, wine is sometimes used in lieu of a portion of the fruit juice. Cinnamon, ginger and other spices that complement fruit are commonly added, as is lemon or lime juice, which adds acidity as well as flavor. Crème fraîche, yogurt or sour cream can be used as an ingredient or garnish to add richness.

## FRESH PEACH AND YOGURT SOUP

RECIPE 12.9

**Yield:** 2 qt. (2 lt) **Method:** Purée

| | | |
|---|---|---|
| Fresh peaches | 4 lb. | 1.8 kg |
| Dry white wine | 24 fl. oz. | 700 ml |
| Honey | 4 oz. | 120 g |
| Lemon juice | 2 fl. oz. | 60 ml |
| Cinnamon, ground | ¼ tsp. | 1 ml |
| Plain nonfat yogurt | 8 oz. | 225 g |
| Heavy cream | TT | TT |
| Pistachios, chopped fine | as needed for garnish | |

1. Pit and coarsely chop the peaches without peeling. Place in a nonreactive saucepan. Add the wine, honey and lemon juice. Cover and simmer for 30 minutes.
2. Purée the peach mixture in a blender. Strain and chill.



1 Simmering the peaches.



2 Straining the peach pureé.



3 The finished soup.

3 Stir in the cinnamon, yogurt and heavy cream.
4 Chill thoroughly. Serve in chilled bowls, garnished with finely chopped pistachio nuts.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 140, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 20 mg, **Total carbohydrates** 32 g, **Protein** 3 g, **Vitamin A** 10%, **Vitamin C** 25%, **Claims**—fat free; very low sodium; good source of fiber

## *UNCOOKED COLD SOUPS*

Some cold soups are not cooked at all. Rather, they rely only on puréed fruits or vegetables for thickness, body and flavor. Cold stock is sometimes used to adjust the soup's consistency. Dairy products such as cream, sour cream or crème fraîche are sometimes added to enrich and flavor the soup.

RECIPE 12.10

## GAZPACHO



**Yield:** 4 qt. (4 lt) **Method:** Uncooked

| | | |
|---|---|---|
| Tomato, peeled and diced | 2 lb. 8 oz. | 1.2 kg |
| Onion, medium dice | 8 oz. | 250 g |
| Green bell pepper, medium dice | 1 | 1 |
| Red bell pepper, medium dice | 1 | 1 |
| Cucumber, peeled, seeded, medium dice | 1 lb. | 500 g |
| Garlic, minced | 1 oz. | 30 g |
| Red wine vinegar | 2 fl. oz. | 60 ml |
| Lemon juice | 2 fl. oz. | 60 ml |
| Olive oil | 4 fl. oz. | 120 ml |
| Salt and pepper | TT | TT |
| Cayenne pepper | TT | TT |
| Fresh bread crumbs (optional) | 3 oz. | 90 g |
| Tomato juice | 3 qt. | 3 lt |
| White stock | as needed | as needed |
| Garnish: | | |
| Tomato, peeled, seeded, small dice | 8 oz. | 250 g |
| Red bell pepper, small dice | 4 oz. | 120 g |
| Green bell pepper, small dice | 4 oz. | 120 g |
| Yellow bell pepper, small dice | 4 oz. | 120 g |
| Cucumber, peeled, seeded, small dice | 3 oz. | 90 g |
| Green onion, sliced fine | 2 oz. | 60 g |
| Fresh basil | as needed for garnish | |

1 Combine and purée all ingredients except the tomato juice, stock and garnish in a VCM, food processor or blender.
2 Stir in the tomato juice.
3 Adjust the consistency with the stock.
4 Stir in the vegetable garnishes and adjust the seasonings.
5 Serve in chilled cups or bowls garnished with fresh basil.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 70, **Total fat** 0.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 600 mg, **Total carbohydrates** 14 g, **Protein** 3 g, **Vitamin A** 15%, **Vitamin C** 70%, **Claims**—low fat; no cholesterol

**SAFETY ALERT**

**UNCOOKED COLD SOUP**

Because uncooked cold soups are never heated, enzymes and bacteria are not destroyed and the soup can spoil quickly. Many cold soups also contain dairy products, which makes them a potentially hazardous food. When preparing uncooked cold soups, always prepare small batches as close to service time as possible. Keep the soup at or below 40°F (4°C) at all times. Cover and store leftovers properly.

# Garnishing Soups

Garnishes can range from a simple sprinkle of chopped parsley on a bowl of cream soup to tiny profiteroles stuffed with foie gras adorning a crystal-clear bowl of consommé. Some soups are so full of attractive, flavorful and colorful foods that are integral parts of the soup (for example, vegetables and chicken in chicken vegetable soup) that no additional garnishes are necessary. In others, the garnish determines the type of soup. For example, a beef broth garnished with cooked barley and diced beef becomes beef barley soup.

## GUIDELINES FOR GARNISHING SOUPS

Although some soups (particularly consommés) have traditional garnishes, many soups depend on the chef's imagination and the kitchen's inventory for the finishing garnish. The only rules are as follows:

1 The garnish should be attractive.
2 The meats and vegetables used should be neatly cut into an appropriate and uniform shape and size. This is particularly important when garnishing a clear soup such as a consommé, as the consommé's clarity highlights the precise (or imprecise) cuts.
3 The garnish's texture and flavor should complement the soup.
4 Starches and vegetables used as garnishes should be cooked separately, reheated and placed in the soup bowl before the hot soup is added. If they are cooked in the soup, they may cloud or thicken the soup or alter its flavor, texture and seasoning.
5 Garnishes should be cooked just until done; meat and poultry should be tender but not falling apart, vegetables should be firm but not mushy, and pasta and rice should maintain their identity. These types of garnishes are usually held on the side and added to the hot soup at the last minute to prevent overcooking.

**CLASSIC CONSOMMÉS**

Many classic consommés are known by their garnishes:

Consommé brunoise—blanched or sautéed brunoise of turnip, leek, celery and onion.

Consommé julienne—blanched or sautéed julienne of carrot, turnip, leek, celery, cabbage and onion.

Consommé paysanne—blanched or sautéed paysanne of leek, turnip, carrot, celery and potato.

Consommé bouquetière—assorted blanched vegetables.

Consommé madrilène—tomatoes or tomato juice; served hot or cold.

Consommé royale—cooked custard cut into tiny shapes.

Angel hair consommé—cooked angel hair (vermicelli) pasta.

Consommé with profiteroles—tiny profiteroles (pâte à choux rounds) stuffed with foie gras.

## GARNISHING SUGGESTIONS

Some garnishes are used to add texture, as well as flavor and visual interest, to soups. Items such as crunchy croutons or oyster crackers, or crispy crumbled bacon on a cream soup, or diced meat in a clear broth soup add texture variety that makes the final product more appealing.

- Clear soups—any combination of julienne cuts of the same meat, poultry, fish or vegetable that provides the dominant flavor in the stock or broth; vegetables (cut uniformly into any shape), pasta (flat, small tortellini or tiny ravioli), gnocchi, quenelles, barley, spaetzle, white or wild rice, croutons, crepes, tortillas or won tons.

- Cream soups, hot or cold—toasted slivered almonds, sour cream or crème fraîche, croutons, grated cheese or puff pastry fleurons; cream vegetable soups are usually garnished with slices or florets of the main ingredient.
- Purée soups—julienne cuts of poultry or ham, sliced sausage, croutons, grated cheese, bacon bits.
- Any soup—finely chopped fresh herbs, snipped chives, edible flowers, parsley or watercress.

# Soup Service

## PREPARING SOUPS IN ADVANCE

Most soups can be made ahead of time and reheated as needed for service. To preserve freshness and quality, small batches of soup should be heated as needed throughout the meal service.

Clear soups are quite easy to reheat because there is little danger of scorching. If garnishes are already added to a clear soup, care should be taken not to overcook the garnishes when reheating the soup. All traces of fat should be removed from a consommé's surface before reheating.

Thick soups present more of a challenge. To increase shelf life and reduce the risk of spoilage, cool and refrigerate a thick soup when it is still a base (that is, before it is finished with milk or cream). Just before service, carefully reheat the soup base using a heavy-gauge pot over low heat. Stir often to prevent scorching. Then finish the soup (following the guidelines noted earlier) with boiling milk or cream, a light béchamel sauce or a liaison and adjust the seasonings. Always taste the soup after reheating and adjust the seasonings as needed.

## TEMPERATURES

The rule is simple: Serve hot soup hot and cold soup cold. Hot clear soups should be served near boiling; 210°F (99°C) is ideal. Hot cream soups should be served at slightly lower temperatures; 190°F–200°F (88°C–93°C) is acceptable. Cold soups should be served at a temperature of 40°F (4°C) or below, and are sometimes presented in special serving pieces surrounded by ice.

## CONCLUSION



Soup, often served as the first course, may determine the success or failure of an entire meal. Although a wide variety of ingredients can be used to make both clear and thick soups, including trimmings and leftovers, poor-quality ingredients make poor-quality soups. By using, adapting and combining the basic techniques described in this chapter with different ingredients, you can create an infinite number of new and appetizing hot or cold soups. But exercise good judgment when combining flavors and techniques; they should blend well and complement each other. Moreover, any garnishes that are added should contribute to the appearance and character of the finished soup. And remember, always serve hot soups hot and cold soups cold.

## QUESTIONS FOR DISCUSSION

1 What are the differences between a stock and a broth?
2 What are the differences between a beef consommé and a beef-based broth? How are they similar?
3 What are the differences between a cream soup and a purée soup? How are they similar?
4 Create a recipe for veal consommé.
5 Discuss several techniques for serving soup. What can be done to ensure that soups are served at the correct temperature?
6 Explain how and why soups are garnished. Why is it sometimes said that the noodles in a chicken noodle soup are actually a garnish?

# ADDITIONAL SOUP RECIPES

RECIPE 12.11

## CHICKEN AND SAUSAGE GUMBO

**Note:** This dish appears in the chapter opening photograph.

### CHEF DONALD LINK

Inspired by his grandfather, Chef Donald Link began cooking at a very young age. By age 15, he was working in a professional kitchen washing dishes, and soon thereafter he began cooking professionally. In 1993, after working for several years in various restaurants in Louisiana, Chef Link moved to San Francisco. He worked for a year at the wildly popular Cha Cha Cha and then attended the California Culinary Academy.

In 1995, he was an extern at Susan Spicer's Bayona Restaurant in New Orleans, Louisiana, eventually continuing on to become sous chef there. In 1997, he returned to San Francisco to open Jardinière with Traci Des Jardin. He then became executive chef at San Francisco's Elite Café, where he received rave reviews and appeared on local cooking shows.

Chef Link recently teamed with his mentor, Susan Spicer, to open Herbsaint Bar and Restaurant in New Orleans' French Quarter. Herbsaint (the name refers to an anise-flavored liqueur made in New Orleans) serves contemporary French-American cuisine in an upscale casual atmosphere.

**HERBSAINT BAR AND RESTAURANT, NEW ORLEANS, LA**
*Chef Donald Link*

*Gumbo, a thick, spicy stew, is traditional fare in the delta region of the American South. Gumbo is usually made with poultry, fish, shellfish or sausage and is thickened with dark roux. Okra or filé powder (ground sassafras leaves) may also be added for thickening. Filé powder is sometimes added at the time of service for additional flavor. Gumbo is traditionally served over white rice.*

**Yield:** 5 qt. (4.8 lt)

| | | |
|---|---|---|
| Cayenne pepper | 1 Tbsp. | 15 ml |
| Paprika | 1 Tbsp. | 15 ml |
| White pepper | 1 Tbsp. | 15 ml |
| Black pepper | 1 Tbsp. | 15 ml |
| Chicken, boneless, skinless, cut in 1-in. (2.5-cm) pieces | 4 lb. | 1.8 kg |
| Salt | 3 Tbsp. | 45 ml |
| Flour | 20 oz. | 600 g |
| Vegetable oil | 28 fl. oz. | 840 ml |
| Onions, medium dice | 1 pt. | 450 ml |
| Celery, medium dice | 1 pt. | 450 ml |
| Green bell pepper, medium dice | 1 pt. | 450 ml |
| Garlic, chopped | 2 Tbsp. | 30 ml |
| Filé powder | 2 Tbsp. | 30 ml |
| Bay leaves | 4 | 4 |
| Chicken stock | 4 qt. | 4 lt |
| Andouille sausage, sliced, cut in half circles | 2 lb. | 900 g |
| Okra | 1 lb. | 450 g |
| Long-grain white rice, cooked | 3 c. | 710 ml |
| Green onion tops, sliced | 1 pt. | 450 ml |

1. Combine the cayenne pepper, paprika, white pepper and black pepper. Season the chicken with 1 tablespoon (15 milliliters) of salt and 1 tablespoon (15 milliliters) of the pepper mix. Dust the chicken with some of the flour. Pan-fry the chicken in 8 fluid ounces (240 milliliters) of the vegetable oil until well browned. Remove the chicken from the pan and reserve.
2. Strain the oil used to brown the chicken in order to remove burnt particles. Return the strained oil to the pan. Add 16 fluid ounces (450 milliliters) of fresh vegetable oil. Over medium heat, add the remaining flour while stirring with a whisk to make a roux. Cook the roux very slowly over medium heat, stirring often, until it becomes a copper-brown color, approximately 45 minutes to 1 hour.
3. Add the onions, celery, bell pepper, garlic, filé powder, bay leaves and the remaining salt and pepper mix. Cook for 5 minutes. Add the chicken stock and bring to a simmer. Skim the fat from the surface and cook for approximately 1½ hours, skimming occasionally.

4 When the strong roux flavor fades, add the reserved chicken and andouille. Cook the gumbo for 1 more hour, skimming regularly.
5 Sauté the okra in the remaining 4 fluid ounces (120 milliliters) of vegetable oil, drain and add to the gumbo. Adjust the seasonings with the salt, pepper, cayenne, filé powder, hot sauce or other seasonings as desired.
6 Serve each portion of gumbo with 1 to 2 tablespoons (15 to 30 milliliters) of simmered rice (page 701) and garnish with sliced green onion tops.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 750, **Total fat** 52 g, **Saturated fat** 11 g, **Cholesterol** 100 mg, **Sodium** 2240 mg, **Total carbohydrates** 36 g, **Protein** 35 g, **Vitamin A** 15%, **Vitamin C** 40%, **Iron** 20%

## WILD MUSHROOM AND VEAL SOUP

RECIPE 12.12

**Yield:** 1 qt. (1 lt) **Method:** Broth

| | | |
|---|---|---|
| Garlic, minced | 2 tsp. | 10 ml |
| Olive oil | 2 fl. oz. | 60 ml |
| Assorted wild mushrooms, such as shiitake, oyster, cèpes and morels | 8 oz. | 250 g |
| Brown veal stock | 24 fl. oz. | 700 ml |
| Fresh parsley, minced | 2 Tbsp. | 30 ml |
| Fresh mint, minced | 4 Tbsp. | 60 ml |
| Salt and pepper | TT | TT |
| French bread croutons | as needed for garnish | |
| Fresh parsley, chopped fine | as needed for garnish | |

1 Briefly sauté the garlic in the olive oil. Add the mushrooms and cook until they are tender and any liquid given off has evaporated.
2 Add the veal stock, parsley and mint; simmer for 15 minutes. Season to taste.
3 Place one crouton in each soup bowl. Ladle in the soup and garnish with the finely chopped parsley.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 100, **Total fat** 7 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 460 mg, **Total carbohydrates** 8 g, **Protein** 3 g, **Vitamin A** 90%, **Vitamin C** 15%.

## CHICKEN SOUP WITH MATZO BALLS

RECIPE 12.13

**Yield:** 2 gal. (8 lt) **Method:** Broth

| | | |
|---|---|---|
| Chicken pieces | 8–10 lb. | 4–4.4 kg |
| Chicken stock | 10 qt. | 10 lt |
| Mirepoix | 1 lb. | 500 g |
| Sachet: | | |
| Bay leaf | 1 | 1 |
| Dried thyme | ½ tsp. | 2 ml |
| Peppercorns, crushed | ½ tsp. | 2 ml |
| Parsley stems | 10 | 10 |
| Salt and pepper | TT | TT |
| Fresh parsley, chopped | as needed for garnish | |
| Matzo Balls (recipe follows) | | |

1 Simmer the chicken in the stock for 2 hours, skimming as necessary.
2 Add the mirepoix and sachet. Simmer for another hour.
3 Strain and degrease the broth. Adjust seasonings.
4 Bring to a boil at service time. Portion into heated bowls, garnish with chopped parsley and one or two matzo balls.

## MATZO BALLS

**Yield:** 48 Balls

| | | |
|---|---|---|
| Eggs | 4 | 4 |
| Water | 2 fl. oz. | 60 ml |
| Chicken fat or butter, softened | 2 oz. | 60 g |
| Matzo meal | 4 oz. | 120 g |
| Salt and white pepper | TT | TT |

1. Beat the eggs with the water. Stir in the fat.
2. Add matzo meal, salt and white pepper. The batter should be as thick as mashed potatoes.
3. Chill for at least 1 hour.
4. Bring 2 quarts of water to a gentle boil. Using a #70 portion scoop, shape the batter into balls. Carefully drop each ball into the hot water. Cover and simmer until fully cooked, approximately 30 minutes. Remove the matzo balls from the water and serve in hot chicken soup.

Approximate values per 6-fl.-oz. (180-ml) serving with 2 matzo balls: **Calories** 60, **Total fat** 3 g, **Saturated fat** 1 g, **Cholesterol** 25 mg, **Sodium** 800 mg, **Total carbohydrates** 3 g, **Protein** 6 g, **Claims**—low fat

RECIPE 12.14

## FRENCH ONION SOUP

**Yield:** 4 qt. (4 lt) **Method:** Broth

| | | |
|---|---|---|
| Yellow onions, sliced thin | 10 lb. | 4.4 kg |
| Clarified butter | 8 fl. oz. | 250 ml |
| Beef stock | 4 qt. | 4 lt |
| Chicken stock | 4 qt. | 4 lt |
| Fresh thyme | ½ oz. | 15 g |
| Salt and pepper | TT | TT |
| Sherry | 8 fl. oz. | 250 ml |
| Toasted French bread slices | as needed for garnish | |
| Gruyère cheese, grated | as needed for garnish | |

1. Sauté the onions in the butter over low heat. Carefully caramelize them thoroughly without burning.
2. Deglaze the pan with 8 ounces (250 milliliters) of the beef stock. Cook au sec. Repeat this process until the onions are a very dark, even brown.
3. Add the remaining beef stock and the chicken stock and thyme.
4. Bring to a simmer and cook 20 minutes to develop flavor. Adjust the seasonings and add the sherry.
5. Serve in warm bowls. Top each portion with a slice of toasted French bread and a thick layer of cheese. Place under the broiler or salamander until the cheese is melted and lightly browned.

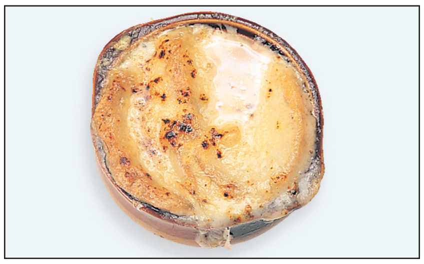
Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 280, **Total fat** 12 g, **Saturated fat** 6 g, **Cholesterol** 25 mg, **Sodium** 1370 mg, **Total carbohydrates** 34 g, **Protein** 9 g, **Vitamin A** 25%, **Vitamin C** 20%



1 Caramelize the onions thoroughly.



2 Sprinkle grated cheese on top of each serving of soup.



3 The finished soup.

## SOUTHEAST ASIAN CONSOMMÉ WITH LEMONGRASS

RECIPE 12.15

**CONNECTICUT CULINARY INSTITUTE, FARMINGTON, CT**

*Chef Jamie Roraback*

**Yield:** 2 qt. (2 lt) **Method:** Consommé

| | | |
|---|---|---|
| Egg whites | 6 | 6 |
| Ground chicken, duck or lean pork | 1 lb. | 450 g |
| Mirepoix, medium dice | 8 oz. | 225 g |
| Fresh lime juice | 1 Tbsp. | 15 ml |
| White chicken, duck or pork stock, cold | 2½ qt. | 2.5 lt |
| Sachet: | | |
| Bay leaf | 1 | 1 |
| Dried thyme | ¼ tsp. | 2 ml |
| Peppercorns, crushed | ¼ tsp. | 2 ml |
| Parsley stems | 4 | 4 |
| Star anise | 2 | 2 |
| Fresh ginger, chopped coarse | 2 Tbsp. | 30 ml |
| Lime zest | 2 tsp. | 10 ml |
| Lemongrass, chopped | 3 Tbsp. | 45 ml |
| Shiitake mushroom stems | 3 Tbsp. | 45 ml |
| Thai chile peppers, chopped | 2 | 2 |
| Cilantro stems | 4 | 4 |
| Soy sauce | TT | TT |
| Salt and white pepper | TT | TT |
| Sugar | TT | TT |
| Garnish: | | |
| Rice noodles | 8 oz. | 225 g |
| Snow peas | 4 oz. | 120 g |
| Carrots, lozenge cut | 4 oz. | 120 g |
| Shiitake mushroom caps, thinly sliced | 2 oz. | 60 g |
| Cilantro leaves | 3 Tbsp. | 45 ml |
| Fresh mint leaves, chiffonade | 1 Tbsp. | 15 ml |
| Fresh basil leaves, chiffonade | 2 Tbsp. | 30 ml |

1. Whip the egg whites until slightly frothy.
2. Combine the egg whites, ground meat, mirepoix and lime juice in an appropriate stockpot and stir well.
3. Add the cold stock, mix well and add the sachet.
4. Bring the mixture to a simmer over moderate heat, stirring occasionally.
5. Break a hole in the center of the raft and allow the consommé to bubble through. Simmer until full flavor develops, approximately 1½ hours.
6. Strain the consommé through several layers of damp cheesecloth or a coffee filter, degrease and adjust the seasonings with soy sauce, salt, white pepper and sugar to taste.
7. Rehydrate the rice noodles in hot water, cool in an ice bath, drain and hold for service. Pull the strings from the snow peas, cut them on the bias, blanch, chill in an ice bath, drain and hold them for service. Blanch the carrots, chill them in an ice bath and hold them for service.
8. For each serving, heat a small portion of noodles, snow peas, carrots and mushroom caps by immersing them in boiling water for a few seconds, then place them in soup bowls. Ladle the hot consommé over the vegetables and add fresh herbs to taste.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 130, **Total fat** 1 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 870 mg, **Total carbohydrates** 27 g, **Protein** 3 g, **Vitamin A** 70%, **Vitamin C** 15%, **Claims**—low fat; no saturated fat; no cholesterol; high in vitamin A; source of vitamin C

RECIPE 12.16

# JAVIER'S REDFISH SOPA



**PESCE RESTAURANT, HOUSTON, TX**

*Chef Mark Holley*

**Yield:** 6 Servings **Method:** Broth

| | | |
|---|---|---|
| Fresh corn | 4 ears | 4 ears |
| Grapeseed oil | 2 Tbsp. | 30 ml |
| Red bell pepper, small dice | 4 Tbsp. | 60 ml |
| Poblano chile, small dice | 4 Tbsp. | 60 ml |
| Yellow onion, small dice | 4 Tbsp. | 60 ml |
| Redfish Sopa Base (recipe follows) | 3 pt. | 1.5 lt |
| Redfish, medium dice | 1 lb. | 450 g |
| Kosher salt | TT | TT |
| Black pepper | TT | TT |
| Limes | 3 | 3 |
| Fresh cilantro, minced | 1 Tbsp. | 15 ml |
| Fresh thyme, minced | ½ tsp. | 2 ml |
| Fresh oregano, minced | ½ tsp. | 2 ml |
| Avocado, medium dice | 1 | 1 |
| Corn tortillas, cut into strips and fried | 6 | 6 |

1. Cut the corn kernels from the cobs.
2. Heat the oil in a small saucepan. Sauté the bell pepper, poblano, corn kernels and onion for 1 to 2 minutes.
3. Add the redfish sopa base and bring to a boil. Reduce to a simmer, add the redfish and continue to simmer for 2 minutes. Season with salt and pepper.
4. Ladle the soup into serving bowls. Squeeze the juice of half a lime over each bowl of soup. Sprinkle with the fresh herbs and top with the diced avocado and fried tortilla strips.

Approximate values per serving: **Calories** 680, **Total fat** 33 g, **Saturated fat** 5 g, **Cholesterol** 40 mg, **Sodium** 5140 mg, **Total carbohydrates** 56 g, **Protein** 44 g, **Vitamin A** 50%, **Vitamin C** 200%, **Calcium** 20%, **Iron** 25%

## REDFISH SOPA BASE

**Yield:** 3 pt. (1.4 lt)

| | | |
|---|---|---|
| Fresh corn | 4 ears | 4 ears |
| Grapeseed oil | 2 Tbsp. | 30 ml |
| Garlic, chopped | 1 Tbsp. | 15 ml |
| Yellow onion, chopped | 1 c. | 240 ml |
| Green bell pepper, chopped | 1 c. | 240 ml |
| Poblano chile, chopped | ½ c. | 120 ml |
| Celery, chopped | 1 c. | 240 ml |
| Shellfish stock | 1½ gal. | 6 lt |
| Bouquet garni | 1 | 1 |
| Masa harina | ½ c. | 120 ml |
| Water | 4 fl. oz. | 120 ml |
| Chilli powder | 2 Tbsp. | 30 ml |
| Cumin | 1 Tbsp. | 15 ml |
| Serrano chiles, chopped | 3 | 3 |
| Kosher salt | 3 Tbsp. | 45 ml |
| Black pepper | 2 tsp. | 10 ml |

1. Cut the corn kernels from the cobs. Reserve the corn and the cobs.
2. Heat the oil in a small stockpot. Add the garlic, onions, bell peppers, poblanos and celery. Cook, stirring occasionally, until lightly caramelized, approximately 8 to 10 minutes.

3 Add the shellfish stock, corn cobs and bouquet garni. Bring to a boil and reduce by half. Remove and discard the corn cobs.
4 Make a slurry with the masa harina and water. Add to the stock while whisking to prevent lumps. Stir in the chilli powder and cumin.
5 Add the serrano chiles, corn kernels, salt and pepper. Simmer for 5 minutes, remove from the heat and purée the base in a blender. Chill and reserve.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 340, **Total fat** 14 g, **Saturated fat** 2.5 g, **Cholesterol** 10 mg, **Sodium** 5020 mg, **Total carbohydrates** 27 g, **Protein** 26 g, **Vitamin A** 35%, **Vitamin C** 140%, **Iron** 15%

## PHO BO (HANOI BEEF AND NOODLE SOUP)

RECIPE 12.17

*Pho is the ubiquitous Vietnamese soup; it is widely eaten for breakfast and appears at meals throughout the day and into the evening. Beef (bo) is the most typical version, especially in the North. Each vendor has his or her own methods for flavoring and enriching the broth, but all allow the customer to season and garnish their own bowls to taste with an assortment of chilies, fish sauces, fresh herbs and condiments. Pho is a perfect example of the Vietnamese belief that diners should be participants in preparing their food. Such rituals reinforce respect for the food and the friends with whom we share it.*

**Yield:** 1 qt. (1 lt) **Method:** Broth

| | | |
|---|---|---|
| Oxtails or beef bones | 4 lb. | 2 kg |
| Water | as needed | as needed |
| Onion | 1 | 1 |
| Ginger, 3-in. (7.5-cm) piece | 1 | 1 |
| Salt | TT | TT |
| Fish sauce | 3 fl. oz. | 90 ml |
| Sachet: | | |
| Star anise, whole | 8 | 8 |
| Cloves | 5 | 5 |
| Cinnamon stick | 1 | 1 |
| Bay leaves | 3 | 3 |
| Garnishes: | | |
| Onions, sliced thin | as needed | as needed |
| Mung beans | as needed | as needed |
| Fresh herbs: mint, cilantro, basil | as needed | as needed |
| Lime wedges | as needed | as needed |
| Fish sauce | as needed | as needed |
| Fresh chiles, minced | as needed | as needed |
| Chile sauce | as needed | as needed |
| Rice vermicelli, cooked | 1 lb. | 450 g |
| Beef tenderloin, raw, sliced thin | 6 oz. | 180 g |

1 Place the oxtails in a stockpot and add enough water to cover them by approximately 4 inches (10 centimeters). Bring it to a boil and then reduce to a simmer, skimming the surface as necessary.
2 Halve and char the onion for an onion brûlée. Split the ginger lengthwise and char its surface. Add the onion brûlée, charred ginger, salt, fish sauce and sachet to the stockpot.
3 Simmer the broth for 4 to 5 hours. Remove the sachet and strain the broth through a chinois. Adjust the seasonings and maintain the broth at a simmer.
4 Put the garnishes in bowls or trays and place them on each table.
5 Reheat the vermicelli by dropping them into boiling water for a few seconds. Divide the reheated vermicelli noodles into six warm bowls. Place several

pieces of raw beef tenderloin on top of each portion of vermicelli. Pour very hot broth into each bowl.

6 Serve the hot broth to the diners, allowing them to garnish their portions with onions, mung beans, herbs, lime wedges, fish sauce, chiles and chile sauce as desired.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 360, **Total fat** 7 g, **Saturated fat** 3 g, **Cholesterol** 20 mg, **Sodium** 640 mg, **Total carbohydrates** 63 g, **Protein** 9 g

RECIPE 12.18

## MINESTRONE



*Minestrone is a rich vegetable soup of Italian heritage. Northern Italian versions are made with beef stock, butter, rice and ribbon-shaped pasta. Southern Italian versions, such as the one given here, contain tomatoes, garlic, olive oil and tube-shaped pasta. The vegetables should be fresh and varied. Substitute or change those listed as necessary to reflect the season.*

**Yield:** 2 gal. (8 lt) **Method:** Broth

| | | |
|---|---|---|
| Dry white beans | 1 lb. | 450 g |
| Olive oil | 2 Tbsp. | 30 ml |
| Onions, diced | 10 oz. | 300 g |
| Garlic cloves, minced | 2 | 2 |
| Celery, diced | 1 lb. | 450 g |
| Carrots, diced | 12 oz. | 340 g |
| Zucchini, diced | 1 lb. | 450 g |
| Green beans, cut in ½-inch (1.25-cm) pieces | 10 oz. | 300 g |
| Cabbage, diced | 1 lb. | 450 g |
| Vegetable stock | 5 qt. | 5 lt |
| Tomato concassée | 1 lb. | 450 g |
| Tomato paste, low-sodium | 12 oz. | 340 g |
| Fresh oregano, chopped | 1 Tbsp. | 15 ml |
| Fresh basil, chopped | 2 Tbsp. | 30 ml |
| Fresh chervil, chopped | 1 Tbsp. | 15 ml |
| Fresh parsley, chopped | 2 Tbsp. | 30 ml |
| Salt and pepper | TT | TT |
| Elbow macaroni, cooked | 4 oz. | 120 g |
| Parmesan, grated | as needed for garnish | |

1 Soak the beans in cold water overnight, then drain.
2 Cover the beans with water and simmer until tender, about 40 minutes. Reserve the beans.
3 Sauté the onions in the oil. Add the garlic, celery and carrots and cook for 3 minutes.
4 Add the zucchini, green beans and cabbage, one type at a time, cooking each briefly.
5 Add the stock, tomato concassée and tomato paste. Cover and simmer for 2½ to 3 hours.
6 Stir in the chopped herbs and season to taste with salt and pepper.
7 Add the drained beans and cooked macaroni.
8 Bring the soup to a simmer and simmer 15 minutes. Serve in warm bowls, garnished with Parmesan.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 70, **Total fat** 1.5 g, **Saturated fat** 0 g, **Cholesterol** 1 mg, **Sodium** 530 mg, **Total carbohydrates** 10 g, **Protein** 3 g, **Vitamin A** 20%, **Vitamin C** 20%, **Claims**—low fat

# POSOLE

RECIPE 12.19

**NEWBURY COLLEGE, Brookline, MA**

*Senior Instructor Scott Doughty*

**Yield:** 3 qt. (3 lt) **Method:** Broth

| | | |
|---|---|---|
| Pork shoulder | 3 lb. | 1.4 kg |
| Chicken stock | 1 qt. | 1 lt |
| Hominy, canned | 56 oz. | 1.5 kg |
| Onions, medium dice | 1½ lb. | 680 g |
| Garlic, chopped | 1½ Tbsp. | 23 ml |
| Fresh oregano, chopped | 1½ tsp. | 8 ml |
| Salt | 1 tsp. | 5 ml |
| Black pepper | ¼ tsp. | 2 ml |
| Cayenne pepper | ¼ tsp. | 2 ml |
| Chicken, 2½–3 lb. (1.1–1.3 kg) | 1 | 1 |
| Olive oil | as needed | as needed |
| Chilli powder | 2 Tbsp. | 30 ml |
| Canned diced tomatoes, drained | 8 oz. | 225 g |
| Anaheim chiles, medium dice | ¾ c. | 180 ml |
| Fresh cilantro, chopped | ½ c. | 120 ml |
| Garnishes: | | |
| Limes | 2 | 2 |
| Corn tortillas | 6 | 6 |
| Vegetable oil | as needed | as needed |
| Romaine lettuce, chiffonade | 8 oz. | 225 g |
| Cider vinegar | 2 Tbsp. | 30 ml |
| Onions, small dice | 8 oz. | 225 g |

1. Trim the fat from the pork shoulder and cut the meat into medium dice. Place the meat in a heavy saucepot with the chicken stock. Add more stock if necessary to just cover the meat. Bring to a simmer. Skim the scum from the surface.
2. Drain the hominy and soak it in cold water until needed.
3. After the pork has simmered for 2 minutes, add one-third of the onions, half of the garlic, the oregano, salt, black pepper and cayenne pepper. Simmer for 1 hour.
4. Bone and skin the chicken. Cut the meat into medium dice and refrigerate until needed.
5. Sweat the remaining two-thirds of the onions in a sauté pan in a little olive oil until soft. Add the remaining garlic and cook an additional 2 minutes. Add the raw chicken and cook until it loses its raw look. Mix in the chilli powder, tomatoes, Anaheim chiles and drained hominy. Cook until the flavors have blended. Add the mixture to the pork in the saucepot.
6. Simmer until the chicken is cooked. Add the cilantro. Adjust the consistency of the posole with chicken stock, if necessary.
7. For service, cut the limes into wedges. Cut the tortillas in half, then cut them crosswise into thin strips and fry them in hot oil until crisp. Toss the romaine lettuce with the cider vinegar. Garnish each bowl with romaine lettuce, diced onions, fried tortilla strips and a lime wedge.

Approximate values per 8-fl.-oz (240-ml) serving: **Calories** 550, **Total fat** 27 g, **Saturated fat** 8 g, **Cholesterol** 130 mg, **Sodium** 900 mg, **Total carbohydrates** 37 g, **Protein** 40 g, **Vitamin A** 30%, **Vitamin C** 7%, **Calcium** 10%, **Iron** 20%

## RECIPE 12.20 CREAM OF TOMATO SOUP

**THE SCHOOL OF CULINARY ARTS AT KENDALL COLLEGE, EVANSTON, IL**
*Chef Mike Artlip, CEC, CCE*

**Yield:** 5 gal. (19 lt) **Method:** Cream

| | | |
|---|---|---|
| Mirepoix, small dice | 5 lb. | 2.4 kg |
| Olive oil | 4 fl. oz. | 120 ml |
| Whole butter | 4 oz. | 120 g |
| Salt and pepper | TT | TT |
| Tomato juice, canned | 46 fl. oz. | 1.4 lt |
| Water | 10 qt. | 9.5 lt |
| Tomatoes, crushed, #10 can | 1 | 1 |
| Sachet: | | |
| Parsley stems | ½ oz. | 15 g |
| Black peppercorns, crushed | 20 | 20 |
| Bay leaves | 5 | 5 |
| Fresh thyme | 10 sprigs | 10 sprigs |
| Worcestershire sauce | 2 fl. oz. | 60 ml |
| Fresh thyme, chopped | as needed | as needed |
| Heavy cream, scalded | 3 qt. | 3 lt |

1. Sweat the mirepoix in the oil and butter without caramelizing. Season with salt and pepper.
2. Deglaze the pan with the tomato juice. Add the water and crushed tomatoes. Add the sachet, bring to a boil, reduce to a low simmer and cook for 40 minutes.
3. Adjust the seasonings with the Worcestershire sauce, thyme, salt and pepper. Continue simmering for 20 minutes.
4. Remove the sachet and purée the soup with an immersion blender until smooth. Strain the scalded cream through a china cap and add it to the soup. Simmer for 10 minutes; adjust the seasonings and serve.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 160, **Total fat** 16 g, **Saturated fat** 9 g, **Cholesterol** 50 mg, **Sodium** 115 mg, **Total carbohydrates** 5 g, **Protein** 1 g, **Vitamin A** 60%, **Vitamin C** 10%

## RECIPE 12.21 CREAM OF WILD MUSHROOM SOUP

**Yield:** 40 fl. oz. (1.2 lt) **Method:** Cream

| | | |
|---|---|---|
| Onion, chopped | 2 oz. | 60 g |
| Assorted fresh wild mushrooms such as shiitake, oysters and morels, chopped | 8 oz. | 225 g |
| Butter | 4 oz. | 120 g |
| Flour | 4 Tbsp. | 60 ml |
| Salt | 1 tsp. | 3 ml |
| Black pepper | TT | TT |
| Dried thyme | 1 tsp. | 3 ml |
| Chicken stock | 8 fl. oz. | 225 ml |
| Milk | 24 fl. oz. | 680 ml |
| Marsala | 2 fl. oz. | 60 ml |
| Lemon juice | 1 Tbsp. | 15 ml |

1. Sauté the onion and mushrooms in the butter over medium heat. Cook until they are tender and any liquid given off has evaporated.
2. Blend in the flour, salt, pepper and thyme. Gradually stir in the chicken stock, then the milk.

3 Cook until the soup thickens slightly, but do not allow it to boil. Stir in the marsala and the lemon juice.
4 Purée half of the soup (including half of the mushrooms) and then stir it back into the remaining soup. Or, use an immersion blender to blend the soup in the pot, stopping when approximately half of the mushrooms have been puréed. Leave approximately half of the mushroom pieces intact for texture. Add more stock if necessary to achieve the desired consistency. Adjust the seasonings and serve.

**Note:** If fresh wild mushrooms are not available, substitute 1 ounce (30 grams) of dried wild mushrooms and 4 ounces (120 grams) of fresh button mushrooms. To prepare the dried mushrooms, remove and discard the stems, then soak them in the marsala and 2 fluid ounces (60 milliliters) of water for at least 1 hour. Add any remaining soaking liquid to the soup.

**Variation:** *Cream of Chicken*—Reduce the quantity of mushrooms to 4 ounces (120 grams). Add 6 ounces (180 grams) of shredded, cooked chicken after the mushrooms are lightly puréed.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 310, **Total fat** 24 g, **Saturated fat** 15 g, **Cholesterol** 70 mg, **Sodium** 680 mg, **Total carbohydrates** 16 g, **Protein** 7 g, **Vitamin A** 20%, **Calcium** 20%

## CHEDDAR AND LEEK SOUP

RECIPE 12.22

**Yield:** 2 qt. (2 lt) **Method:** Cream

| | | |
|---|---|---|
| Whole butter | 1 oz. | 30 g |
| Mirepoix, chopped fine | 8 oz. | 250 g |
| Leeks, chopped fine | 8 oz. | 250 g |
| Flour | 2 oz. | 60 g |
| Chicken stock | 1½ qt. | 1.5 lt |
| Sachet: | | |
| Bay leaf | 1 | 1 |
| Dried thyme | ¼ tsp. | 1 ml |
| Peppercorns, crushed | ¼ tsp. | 1 ml |
| Dry white wine or flat beer | 4 fl. oz. | 120 ml |
| Half-and-half | 4 fl. oz. | 120 ml |
| Cheddar cheese, grated | 1 lb. | 500 g |
| Salt | TT | TT |
| Cayenne pepper | TT | TT |
| Fresh parsley, chopped | as needed for garnish | |
| Croutons | as needed for garnish | |

1 Sweat the mirepoix and leeks in the butter until tender.
2 Stir in the flour and cook to make a blond roux.
3 Add the stock and sachet and bring to a boil. Add the wine or beer, half-and-half and cheese. Simmer for 1 hour.
4 Strain; adjust seasonings with salt and cayenne pepper. Thin with additional warm half-and-half, if necessary.
5 Serve in warm bowls, garnished with parsley and croutons.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 250, **Total fat** 18 g, **Saturated fat** 11 g, **Cholesterol** 55 mg, **Sodium** 730 mg, **Total carbohydrates** 8 g, **Protein** 14 g, **Vitamin A** 15%, **Calcium** 35%

RECIPE 12.23

## MULLIGATAWNY SOUP

**NASHVILLE STATE TECH CULINARY, NASHVILLE, TN**
*Chef Ken Morlino, CEC*

**Yield:** 1 qt. (1 lt) **Method:** Cream

| | | |
|---|---|---|
| Unsalted butter | 2 Tbsp. | 30 ml |
| Mirepoix | 12 oz. | 360 g |
| Flour | 2 Tbsp. | 30 ml |
| Curry powder | 2 tsp. | 10 ml |
| Chicken stock | 1 qt. | 1 lt |
| Chicken meat, cooked, diced | ½ c. | 120 ml |
| Green apple, diced | ¼ c. | 60 ml |
| Mushrooms, sliced | ½ c. | 120 ml |
| Milk, warm | 4 fl. oz. | 120 ml |
| Salt and white pepper | TT | TT |

1. In a saucepot, heat the butter over medium heat, add the mirepoix and sauté for 5 minutes.
2. Add the flour and curry powder and cook to form a blond roux.
3. Add the chicken stock. Bring to a simmer and cook for 15 minutes.
4. Add the chicken, apple and mushrooms and cook for 15 more minutes.
5. Finish with the warm milk and season with salt and white pepper.

Approximate values per 8-fl.-oz (240-ml) serving: **Calories** 180, **Total fat** 10 g, **Saturated fat** 5 g, **Cholesterol** 35 mg, **Sodium** 740 mg, **Total carbohydrates** 14 g, **Protein** 8 g, **Vitamin A** 130%, **Vitamin C** 10%

RECIPE 12.24

## SOUTHWESTERN BLACK BEAN SOUP

**Yield:** 4 qt. (4 lt) **Method:** Purée

| | | |
|---|---|---|
| Dried black beans, soaked | 1 lb. | 500 g |
| Vegetable stock or water | 5 qt. | 5 lt |
| Sachet: | | |
| Bay leaves | 2 | 2 |
| Dried thyme | ½ tsp. | 2 ml |
| Peppercorns, cracked | 10 | 10 |
| Canola oil | 1 Tbsp. | 15 ml |
| Onions, diced | 4 oz. | 120 g |
| Garlic cloves, minced | 2 | 2 |
| Anaheim chile, diced | 1 oz. | 30 g |
| Jalapeño or serrano chile, minced | 1 Tbsp. | 15 ml |
| Cumin, ground | 1 tsp. | 5 ml |
| Coriander, ground | 1 tsp. | 5 ml |
| Dried oregano | 1 tsp. | 5 ml |
| Salt and pepper | TT | TT |
| Lime wedges | as needed for garnish | |
| Fresh cilantro, chopped | as needed for garnish | |

1. Combine the beans and stock or water and bring to a simmer. Add the sachet.
2. Sauté the onions, garlic and chile in the oil. Add to the saucepot.
3. Stir in the cumin, coriander and oregano.
4. Simmer the soup, uncovered, approximately 2–3 hours. The beans should be very soft, just beginning to fall apart. Add additional water or stock if necessary.

5 Purée about half of the soup, then stir it back into the remaining soup. Season to taste with salt and pepper.

6 Serve in warmed bowls garnished with lime wedges and chopped cilantro.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 70, **Total fat** 2 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 1010 mg, **Total carbohydrates** 9 g, **Protein** 4 g, **Claims**—low fat; no saturated fat; no cholesterol

## ROASTED POBLANO CHILE AND CORN SOUP

RECIPE 12.25

**CONNECTICUT CULINARY INSTITUTE, FARMINGTON, CT**

*Chef Jamie Roraback*

**Yield:** 4 qt. (4 lt.)  **Method:** Purée

| | | |
|---|---|---|
| Lime | 1 | 1 |
| Sour cream | 1 pt. | 500 ml |
| Vegetable oil | 3 fl. oz. | 90 ml |
| Poblano chiles | 12 | 12 |
| Fresh corn, with husks | 8 ears | 8 ears |
| Onions, medium dice | 1 qt. | 1 lt |
| Carrots, medium dice | 1 qt. | 1 lt |
| Garlic cloves, peeled | 8 | 8 |
| Chicken or vegetable stock | 2 qt. | 2 lt |
| Heavy cream | 1 qt. | 1 lt |
| Salt and pepper | TT | TT |
| Poblano chile, julienne | as needed for garnish | |
| Corn kernels, cooked | as needed for garnish | |
| Fried tortilla strips | as needed for garnish | |

1 Squeeze the juice from the lime and combine it with the sour cream. Cover and refrigerate for at least one hour.

2 Using a total of 1 fluid ounce (30 milliliters) of the vegetable oil, rub the chiles with oil and place on a sheet pan. Roast the chiles at 450°F (230°C) until well blistered, approximately 10 to 15 minutes. Remove them from the oven and cool. Peel the chiles, remove the seeds and veins, then coarsely chop them.

3 Roast the ears of corn in their husks at 450°F (230°C) for 10 to 15 minutes. Allow the ears to cool, then shuck them and cut the kernels from the cob.

4 Heat a sauté pan on the stove top until very hot. Toss the onions, carrots and garlic cloves in the remaining vegetable oil. Drop the vegetables into the hot pan and allow them to char. Stir occasionally to char them evenly. Transfer the charred vegetables to a heavy soup pot.

5 Add the roasted peppers and corn kernels to the pot. Add enough stock to cover the ingredients, then bring to a boil and reduce to a simmer. Simmer until the ingredients are tender, approximately 30 minutes. Purée the soup in a blender or food processor and strain if desired. Return the soup to the same pot, add the heavy cream and reduce to the desired consistency. Season to taste with salt and pepper.

6 Serve the soup garnished with julienne of poblano chile, corn kernels, fried tortilla strips and the lime-flavored sour cream.

Approximate values per 8-fl.-oz (240-ml) serving: **Calories** 430, **Total fat** 35 g, **Saturated fat** 18 g, **Cholesterol** 95 mg, **Sodium** 410 mg, **Total carbohydrates** 27 g, **Protein** 6 g, **Vitamin A** 250%, **Vitamin C** 15%, **Calcium** 10%, **Iron** 10%

RECIPE 12.26

## ROASTED VEGETABLE SOUP

**Yield:** 2 qt. (2 lt) **Method:** Purée

| | | |
|---|---|---|
| Onions, chopped coarse | 1 lb. | 450 g |
| Zucchini, chopped coarse | 1 lb. | 450 g |
| Yellow squash, chopped coarse | 1 lb. | 450 g |
| Red bell pepper, chopped coarse | 6 oz. | 180 g |
| Yellow bell pepper, chopped coarse | 6 oz. | 180 g |
| Green bell pepper, chopped coarse | 6 oz. | 180 g |
| Roma tomatoes, chopped coarse | 8 oz. | 250 g |
| Asparagus spears, chopped coarse | 8 oz. | 250 g |
| Olive oil | 4 fl. oz. | 120 ml |
| Salt | 1 Tbsp. | 15 ml |
| Black pepper | 1 tsp. | 5 ml |
| Dried thyme | 1 tsp. | 5 ml |
| Chicken stock | 2 qt. | 2 lt |
| Roasted garlic purée | 2 oz. | 60 g |

1. Combine the chopped vegetables with the olive oil, salt, pepper and thyme. Toss to coat the vegetables evenly with the oil and seasonings.
2. Spread the vegetables on a sheet pan and roast in a 450°F (230°C) oven until they are well browned.
3. Remove the vegetables from the oven and place them in a saucepot. Add the chicken stock and roasted garlic purée. Bring to a boil, reduce to a simmer and cook until all of the vegetables are very tender, approximately 30 minutes.
4. Purée the soup in batches in a blender or food processor. Strain through a coarse china cap or pass through a food mill. Season to taste with salt and pepper.
5. Serve the soup garnished with chopped parsley and toasted baguette slices.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 210, **Total fat** 15 g, **Saturated fat** 2 g, **Cholesterol** 0 mg, **Sodium** 1570 mg, **Total carbohydrates** 19 g, **Protein** 5 g, **Vitamin A** 40%, **Vitamin C** 200%, **Iron** 10%

RECIPE 12.27

## CALLALOO WITH CRAB

**NEWBURY COLLEGE, BROOKLINE, MA**
*Senior Instructor Scott Doughty*

**Yield:** 2 qt. (2 lt) **Method:** Purée

| | | |
|---|---|---|
| Callaloo or spinach | 1 lb. | 450 g |
| Olive oil | 2 Tbsp. | 30 ml |
| Onions, small dice | 1 lb. | 450 g |
| Green onions, chopped fine | 6 oz. | 180 g |
| Garlic cloves, minced | 2 | 2 |
| Coconut milk | 1 qt. | 1 lt |
| Milk | 1 pt. | 450 ml |
| Fresh pumpkin, peeled, seeded, small dice | 1 lb. | 450 g |
| Salt | ½ tsp. | 3 ml |
| Black pepper | ¼ tsp | 1 ml |
| Crab meat | 1 lb. | 450 g |

1 Wash the callaloo or spinach. Remove the stems and tough ribs and chop coarsely.
2 Heat the oil in a rondeau and sweat the onions. Add the green onions and garlic and sweat for 2 more minutes. Add the callaloo or spinach, coconut milk, milk, pumpkin, salt and pepper. Bring the soup to a boil and reduce to a simmer. Cook for 30 minutes.
3 Purée half of the soup in a blender, food processor or food mill. Return it to the pot with the remaining soup.
4 Pick over the crab meat to remove any bits of shell and add the meat to the soup. Adjust the seasonings and serve.

Approximate values per 8-fl.-oz (240-ml) serving: **Calories** 410, **Total fat** 31 g, **Saturated fat** 23 g, **Cholesterol** 65 mg, **Sodium** 370 mg, **Total carbohydrates** 19 g, **Protein** 19 g, **Vitamin A** 50%, **Vitamin C** 70%, **Calcium** 30%, **Iron** 35%

## ROASTED CORN CHOWDER

RECIPE 12.28

**Yield:** 1 qt. (1 lt) **Method:** Purée



| | | |
|---|---|---|
| Corn, unshucked | 10 ears | 10 ears |
| Milk, warm | 3 pt. | 1500 ml |
| Salt pork, small dice | 4 oz. | 120 g |
| Celery, small dice | 5 oz. | 150 g |
| Onions, small dice | 10 oz. | 300 g |
| Garlic cloves, minced | 4 | 4 |
| Flour | 2 oz. | 60 g |
| Chicken stock | 1 qt. | 1 lt |
| Potatoes, peeled, medium dice | 12 oz. | 350 g |
| Cream, warm | 4 fl. oz. | 120 ml |
| Worcestershire sauce | 1 Tbsp. | 15 ml |
| Fresh thyme | 1 tsp. | 5 ml |
| Nutmeg, ground | TT | TT |
| Salt and white pepper | TT | TT |

1 Roast the ears of corn, in their husks, in a 400°F (204°C) oven for 45 minutes. Cool, shuck the corn and cut off the kernels. Purée half the corn kernels in a blender, adding a small amount of milk if necessary.
2 Render the salt pork. Add the celery, onions and garlic and sauté lightly.
3 Stir in the flour and cook to make a blond roux.
4 Add the chicken stock and remaining milk and bring to a simmer.
5 Add the potatoes, the puréed corn and the remaining corn kernels. Simmer for 10 minutes.
6 Add the cream; adjust the seasonings with Worcestershire sauce, thyme, nutmeg, salt and white pepper and simmer for 5 minutes.
7 Serve in warm bowls.

Approximate values per 8-fl.-oz (240-ml) serving: **Calories** 370, **Total fat** 21 g, **Saturated fat** 10 g, **Cholesterol** 55 mg, **Sodium** 520 mg, **Total carbohydrates** 38 g, **Protein** 13 g, **Vitamin A** 15%, **Vitamin C** 20%, **Calcium** 30%, **Claim**—good source of fiber, vitamin A, vitamin C, calcium

RECIPE 12.29

## ARTICHOKE SOUP



**THE BROWN PALACE HOTEL, DENVER, CO**
*Executive Chef Mark Black*

**Yield:** 10 Servings **Method:** Purée

| | | |
|---|---|---|
| Fresh artichokes | 20 | 20 |
| Kosher salt | 2 Tbsp. | 30 ml |
| Lemons, sliced | 3 | 3 |
| Olive oil | 2 fl. oz. | 60 ml |
| Celery, small dice | ½ c. | 120 ml |
| Leeks, small dice | ½ c. | 120 ml |
| White onions, small dice | 1 c. | 240 ml |
| Shallots, small dice | ½ c. | 120 ml |
| Garlic, minced | 1 Tbsp. | 15 ml |
| Bay leaf | 1 | 1 |
| Vegetable stock | 1 qt. | 1 lt |
| Salt and pepper | TT | TT |
| Truffles, sliced | 5 oz. | 150 g |
| Opal Basil Oil (recipe follows) | as needed | as needed |

1. Simmer the artichokes in salted lemon water until tender. Remove them from the water and cool in an ice bath. Peel away the leaves. Remove the hearts and bottoms and dice them.
2. In a soup pot, heat the olive oil and add the celery, leeks, onions, shallots and garlic and sauté until tender.
3. Add the diced artichokes, bay leaf and stock and simmer for approximately 45 minutes.
4. Remove from the heat, remove the bay leaf, purée the soup in a blender and strain through a chinois.
5. Adjust the seasonings with salt and pepper and adjust the consistency with additional stock if necessary.
6. Pour the soup into hot soup bowls. Garnish with sliced truffles and Opal Basil Oil and serve.

Approximate values per serving, without oil: **Calories** 190, **Total fat** 6 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 580 mg, **Total carbohydrates** 32 g, **Protein** 10 g, **Vitamin A** 15%, **Vitamin C** 45%, **Calcium** 10%, **Iron** 20%

### OPAL BASIL OIL

**Yield:** 4 fl. oz. (120 ml)

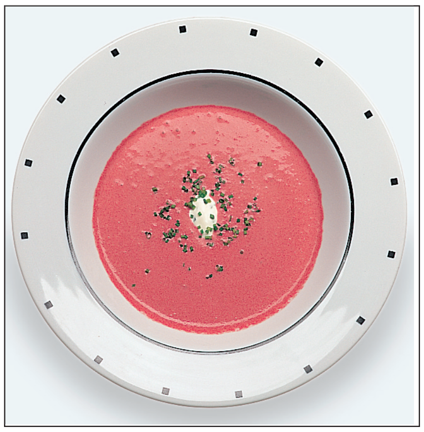
| | | |
|---|---|---|
| Fresh opal basil leaves, large | 6 | 6 |
| Extra virgin olive oil | 4 fl. oz. | 120 ml |

1. With a small wand blender, blend the basil and olive oil. Hold for 24 hours and then strain through cheesecloth.

Approximate values per fluid ounce (30 ml): **Calories** 250, **Total fat** 28 g, **Saturated fat** 4 g, **Cholesterol** 0 mg, **Sodium** 0 mg, **Total carbohydrates** 0 g, **Protein** 0 g

## CHILLED BEET AND BUTTERMILK SOUP

RECIPE 12.30



**BISHOP'S RESTAURANT, VANCOUVER, BC**
*Chefs Michael Allemeier and Dennis Green*

**Yield:** 4 Servings **Method:** Purée

| | | |
|---|---|---|
| Beets, large | 4 | 4 |
| Red onion, sliced | 1 | 1 |
| Red wine vinegar | 2 Tbsp. | 30 ml |
| Sugar | 2 Tbsp. | 30 ml |
| Buttermilk | 1 pt. | 500 ml |
| Salt and pepper | TT | TT |
| Chives, chopped | 2 Tbsp. | 30 ml |
| Sour cream or crème fraîche | 2 Tbsp. | 30 ml |

1. In a medium saucepan, combine beets, onion, vinegar and sugar with enough water to cover. Bring to a boil, reduce heat and simmer until tender, about 30 minutes. Strain, reserving liquid for later use.
2. Purée beets using a blender or food processor, adding enough of the reserved liquid to facilitate a smooth purée.
3. When cooled to room temperature, stir in the buttermilk and season to taste with salt and pepper. If the soup is too thick, dilute it with some of the reserved cooking liquid. Chill thoroughly.
4. Garnish with chopped chives and a quenelle of sour cream or crème fraîche.

Approximate values per 6-fl.-oz. (180-ml) serving: **Calories** 120, **Total fat** 3 g, **Saturated fat** 1.5 g, **Cholesterol** 7 mg, **Sodium** 170 mg, **Total carbohydrates** 19 g, **Protein** 5 g, **Vitamin C** 10%

## CHILLED CHERRY SOUP

RECIPE 12.31

**Yield:** 4 qt. (4 lt) **Method:** Purée

| | | |
|---|---|---|
| Cherries, pitted | 5 lb. | 2.25 kg |
| Apple juice | approx. 2 qt. | approx. 2 lt |
| Sachet: | | |
| Cinnamon sticks | 2 | 2 |
| Cloves, whole | 4 | 4 |
| Honey | 6 oz. | 170 g |
| Cornstarch | 1 oz. | 30 g |
| Lemon juice | TT | TT |
| Dry champagne or sparkling wine | 8 fl. oz. | 250 ml |
| Crème fraîche | as needed for garnish | |
| Toasted slivered almonds | as needed for garnish | |

1. Combine the cherries, apple juice, sachet and honey. Bring to a simmer and cook for 30 minutes. Remove the sachet.
2. Dilute the cornstarch with a small amount of cold apple juice. Add it to the soup for thickening. Simmer the soup for 10 minutes to cook out the starchy flavor.
3. Purée the soup in a food processor or blender and strain if desired; chill thoroughly.
4. At service, adjust the seasoning with lemon juice. Stir in chilled champagne or sparkling wine and serve garnished with crème fraîche and toasted, slivered almonds.

Approximate values per 6-fl.-oz. (229-ml) serving: **Calories** 150, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 0 mg, **Total carbohydrates** 34 g, **Protein** 1 g, **Vitamin C** 15%, **Claims—** fat free; no sodium; good source of fiber

RECIPE 12.32

## YUKON GOLD VICHYSSOISE WITH CRÈME FRÂICHE POTATO SALAD AND LEEK VINAIGRETTE



**RESTAURANT KEVIN TAYLOR, DENVER, CO**

*Chef Kevin Taylor*

**Yield:** 6 Servings **Method:** Purée

| | | |
|---|---|---|
| Vichyssoise: | | |
| Yukon Gold potatoes | 6 | 6 |
| Half-and-half | 1 qt. | 1 lt |
| Cayenne pepper | 1 tsp. | 5 ml |
| Saffron | ½ tsp. | 3 ml |
| Hot pepper sauce | 1 tsp. | 5 ml |
| Worcestershire sauce | 1 tsp. | 5 ml |
| Salt and white pepper | TT | TT |
| Potato salad: | | |
| Yukon Gold potato, cooked, small dice | 1 | 1 |
| Red onion, minced | 2 Tbsp. | 30 ml |
| Fresh chervil, chopped | ¼ tsp. | 1 ml |
| Chives, chopped | ¼ tsp. | 1 ml |
| Crème frâiche | 2 Tbsp. | 30 ml |
| Salt and pepper | TT | TT |
| Leek vinaigrette: | | |
| Leek | 1 | 1 |
| Olive oil | 2 Tbsp. | 30 ml |
| Black pepper | ¼ tsp. | 1 ml |
| Fresh herbs, assorted, chopped | 1 tsp. | 5 ml |
| Brown sugar | 1 tsp. | 5 ml |
| Champagne vinegar | 3 Tbsp. | 45 ml |
| Salt | 1 tsp. | 5 ml |
| Lemon juice | 1 tsp. | 5 ml |
| Fresh herb sprigs | as needed for garnish | |

1. To prepare the soup, simmer the unpeeled potatoes in salted water until very tender. Drain the potatoes and pass through a ricer. Place the riced potatoes in a medium saucepot with the half-and-half, cayenne pepper and saffron. Simmer for 10 minutes and strain through a fine china cap. Place the strained soup in a medium saucepot and simmer for 3 to 5 minutes. Add the hot pepper sauce, Worcestershire sauce, salt and white pepper to taste. Thin with additional half-and-half if necessary. Cool in an ice bath.
2. To prepare the potato salad, combine the diced potato, onion, chervil, chives, and crème frâiche in a small mixing bowl and season with salt and pepper.
3. To prepare the vinaigrette, cut the leek into ¼-inch (6-millimeter) slices, wash well and blanch in boiling salted water for 30 seconds. In a small mixing bowl, combine the leek, olive oil, pepper, herbs, brown sugar, champagne vinegar, salt and lemon juice. Mix the ingredients and let stand for 2 hours before serving.
4. Ladle 8 fluid ounces (240 milliliters) of the chilled soup into each chilled soup bowl. Place a small amount of potato salad in the center and cover with the leek vinaigrette. Garnish with fresh herbs and serve.

Approximate values per 8-fl.-oz. (240-ml) serving: **Calories** 420, **Total fat** 22 g, **Saturated fat** 12 g, **Cholesterol** 80 mg, **Sodium** 500 mg, **Total carbohydrates** 41 g, **Protein** 9 g, **Vitamin C** 25%, **Calcium** 20%